

Your Baby's Healthy Teeth

Your baby's first set of teeth begins to form when you are about four months pregnant. The permanent teeth start to develop just after birth.

Even though your baby has not arrived yet, it is not too early to start thinking about healthy teeth. Healthy baby teeth lead to healthier adult teeth. As a mother-to-be:

- Eat a balanced diet. Your baby's teeth need the right foods to grow properly.
- See your dentist to have your teeth cleaned and checked. A mother's healthy mouth is the first step to keeping her baby's mouth healthy.
- Proper care will keep your teeth and gums healthy during pregnancy. Don't believe the old wives' tale about losing a tooth for every baby.
- Brush and floss every day.



Medical Assistance Administration